

Activity Record and Scheduling Form

Record your activities for the week. At the end of each day, rate your mood on a scale of 1 to 10 (1 = worst mood, 10 = best mood). Also schedule pleasant activities by writing them in ahead of time. When you have completed a pleasant activity, circle it. If you didn't complete it, cross it out.

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| 7 A.M. | | | | | | | |
| 8 A.M. | | | | | | | |
| 9 A.M. | | | | | | | |
| 10 A.M. | | | | | | | |
| 11 A.M. | | | | | | | |
| 12 P.M. | | | | | | | |
| 1 P.M. | | | | | | | |
| 2 P.M. | | | | | | | |
| 3 P.M. | | | | | | | |
| 4 P.M. | | | | | | | |
| 5 P.M. | | | | | | | |
| 6 P.M. | | | | | | | |
| 7 P.M. | | | | | | | |
| 8 P.M. | | | | | | | |
| 9 P.M. | | | | | | | |
| 10 P.M. | | | | | | | |
| DAILY MOOD | 1 2 3 4 5 6 7 8 9 10 | 1 2 3 4 5 6 7 8 9 10 | 1 2 3 4 5 6 7 8 9 10 | 1 2 3 4 5 6 7 8 9 10 | 1 2 3 4 5 6 7 8 9 10 | 1 2 3 4 5 6 7 8 9 10 | 1 2 3 4 5 6 7 8 9 10 |